

# Activities for Adults

**FOR FURTHER INFORMATION ON ANY OF OUR CLASSES OR TO REGISTER, CALL 562-383-4200.  
TO REGISTER ONLINE VISIT: [HTTPS://APM.ACTIVECOMMUNITIES.COM/CITYOFLAHABRA/HOME](https://apm.activecommunities.com/cityoflahabra/home)**

*The City reserves the right to substitute instructors, cancel activities, change dates, times and/or locations as necessary without public notice. We apologize for any resulting inconvenience.*

## Dance

### BEGINNING LINE DANCE

Join this introductory class for new dancers! Through basic steps with easy-to-follow instructions, you will learn popular line dances being done in all the country western dance clubs. It's also good exercise and a great way to have fun!

*Instructor: Nikki Sickles*

<b>Age: 16+ yrs</b>	<b>Fee: \$30/4 wks</b>	<b>Location: LHCC</b>
#2505.300.....	MON 7/2-7/23 .....	7:00-8:30 pm

### INTERMEDIATE LINE DANCE

Get ready to learn some of those popular but slightly more challenging line dances being done in all the country western dance clubs! Basic line dance experience recommended, but not required.

*Instructor: Nikki Sickles*

<b>Age: 16+ yrs</b>	<b>Fee: \$40/5 wks</b>	<b>Location: LHCC</b>
#2509.300 .....	MON 7/30-8/27 .....	7:00-8:30 pm

### BEGINNING SALSA

Learn one of today's "hottest" dances — Salsa! This Salsa class will give you a basic understanding, plus teach you steps that will have you movin' to the Latin beat sooner than you think!

*Instructor: Rita Mendoza*

<b>Age: 14+ yrs</b>	<b>Fee: \$51/7 wks</b>	<b>Location: LHCC</b>
#2507.300 .....	TUE 6/12-7/24 .....	7:30-8:30 pm

### EVENING BALLET FOR ADULTS

Students will learn the fundamentals of ballet technique, barre work, center & across the floor exercises, and introductory ballet training. This class will increase the student's flexibility, coordination and artistry, while building self-confidence. We provide a comfortable and positive learning environment for beginners, where we encourage the student's growth and success.

*Instructor: Adagio Dance Studio*

<b>Age: 18-29 yrs</b>	<b>Fee: \$63/5 wks</b>	<b>Location: ADS</b>
#2508.300 .....	MON 6/4-7/2 .....	6:30-7:30 pm
#2508.301 .....	MON 7/30-8/27 .....	6:30-7:30 pm

## ADULT JAZZ

Students will learn the fundamentals of jazz technique, barre work, center and across the floor exercises, as well as introductory jazz training. This class will increase the student's flexibility, coordination and artistry, while building self-confidence. We provide a comfortable and positive learning environment for beginners, where we encourage the student's growth and success.

*Instructor: Adagio Dance Studio*

<b>Age: 18+ yrs</b>	<b>Fee: \$63/5 wks</b>	<b>Location: ADS</b>
#2511.300 .....	THUR 6/7-7/5 .....	7:30-8:30 pm
#2511.301 .....	THUR 8/2-8/30 .....	7:30-8:30 pm

### ADULT BEGINNING BALLET

Have you always wanted to take a ballet class? This class will go through the basics of ballet in a non-threatening environment that will leave you feeling a little taller and more graceful afterwards.

*Instructor: Aspire Wellness Studio*

<b>Age: 16+ yrs</b>	<b>Fee: \$42/4 wks</b>	<b>Location: AWS</b>
#2500.300 .....	TUE 6/5-6/26 .....	9:00-10:00 am
#2500.301 .....	TUE 7/3-7/24 .....	9:00-10:00 am
#2500.302 .....	TUE 7/31-8/21 .....	9:00-10:00 am

### BELLY DANCING WITH YERIL

Belly dancing, with its mystical movements, will inspire your spirit to breathe, expand and stretch. Come and celebrate the goddess within! With sharp hip accents, shimmies, undulations and veil work, you'll get an intense workout that feels wonderful.

**No class on Wednesday, July 4th and Saturday, July 14th & August 4th.**

*Instructor: Yeril Barlup*

<b>Age: 15+ yrs</b>	<b>Fee: \$37/8 wks</b>	<b>Location: LHCC</b>
#2503.300 (Beg) .....	TUE 6/12-7/31 .....	7:30-8:30 pm
#2503.301 (Beg) .....	SAT 6/16-8/18 .....	11:00 am-12:00 pm
#2502.300 (Int) .....	WED 6/13-8/8 .....	7:30-8:30 pm
#2502.301 (Int) .....	SAT 6/16-8/18 .....	10:00-11:00 am

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PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.

## Fitness for Fun

### FLOOR, CORE & MORE

★NEW★ You'll be challenged through different stations or sets of exercises in this class, as we focus on contouring the body to help improve strength, bone density, power, flexibility and maximum calorie burn. Any extra exercise tools needed for this class will be provided at the facility.

*Instructor: Gina Brown/Brown Chiropractic*

Age: 20+ yrs	Fee: \$45/6 wks	Location: BC
#3028.300	FRI 6/8-7/13	8:30-9:30 am
#3028.301	FRI 7/20-8/24	8:30-9:30 am

### BOOTY BARRE & CORE BURN

★NEW★ Join us for a core and lower body workout, concentrating on the areas most women struggle with— hips, thighs, booty and abs. We'll incorporate barre work, which helps with support and balance, while sculpting and toning your muscles. Any extra exercise tools needed for this class will be provided at the facility. Please wear workout shoes and comfortable clothing.

*Instructor: Liana Lazos/Brown Chiropractic*

Age: 20+ yrs	Fee: \$45/6 wks	Location: BC
#3009.300	SAT 6/2-7/7	8:30-9:30 am
#3009.301	SAT 7/14-8/18	8:30-9:30 am



# GRAFFITI HOTLINE:

## 562-383-4220

or email

No2Graffiti@lahabraca.gov

## FALL PREVENTION & STABILITY

★NEW★ Learn exercise routines that focus on engaging and strengthening core muscles to help facilitate your balance and control weight transfer. This class will stimulate neuro-musculoskeletal firing patterns and increase reflexes. Any extra exercise tools needed for this class will be provided at the facility. Please wear workout shoes and comfortable clothing that you can move in.

*Instructor: Dolores Giacometto/Brown Chiropractic*

Age: 20+ yrs	Fee: \$51/6 wks	Location: BC
#3016.300	THUR 6/7-7/12	9:45-10:45 am
#3016.301	THUR 7/19-8/23	9:45-10:45 am

### PRENATAL FITNESS

You may have heard that staying active or even beginning exercise during pregnancy is beneficial both for mom and baby — but you're not sure what is safe and how to get started? Look no further, because this class is for you! Timea is a pre- and postnatal fitness and nutrition specialist, and designed the class to keep mom strong and confident, while making sure baby is safe during these very special months. Light weights are supplied by the instructor; please bring a yoga mat and a bottle of water to class. **No class on Thursday, June 28th.**

*Instructor: Timea M. Barabas/Mom of Balance*

Age: 18+ yrs	Fee: \$65/6 wks	Location: LHCC
#3023.300	THUR 6/7-7/19	6:00-7:00 pm
#3023.301	THUR 7/26-8/30	6:00-7:00 pm

### FITNESS FOR MOMS

Whether you just had a baby three months ago and want to lose the pregnancy weight, or you'd like to tone up, this unique class that focuses on strength, cardiovascular and flexibility training is for you. With special emphasis on "trouble spots" and low and high impact modifications demonstrated, you will be on your way to a healthier, fitter, version of you. Weights and bands are provided by the instructor; please bring a yoga mat and water. Join the class Facebook group: "Fitness for Moms — La Habra Community Center". **No class on Thursday, June 28th.**

*Instructor: Timea M. Barabas/Mom of Balance*

Age: 18+ yrs	Fee: \$65/6 wks	Location: LHCC
#3013.300	THUR 6/7-7/19	7:00-8:00 pm
#3013.301	THUR 7/26-8/30	7:00-8:00 pm

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For further information,  
please call 562-383-4200.

## ONE BODY STUDIOS CLASSES

Please arrive 15 minutes prior to your first class meeting.

### MORNING PILATES MAT

Our Pilates Mat classes are designed to strengthen core muscles and align the body. Using the Pilates foundation of slow, sustained, controlled movement, our classes will help you achieve a balanced, lean, muscular physique. At One Body Studios, we also incorporate the use of Pilates props to assist our students in properly executing these fun and challenging exercises.

Age: 18+ yrs	Fee: \$31/6 wks	Location: OBS
#3018.300	MON 6/11-7/16	8:00-9:00 am
#3018.301	MON 7/23-8/27	8:00-9:00 am

### BEGINNER YOGA

New to Yoga? This class is slower paced than our other classes, and focuses on developing clear and safe alignment in foundational poses. Come to learn, play and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try.

Age: 18+ yrs	Fee: \$31/6 wks	Location: OBS
#3002.300	SUN 6/10-7/15	6:00-7:00 pm
#3002.301	SUN 7/22-8/26	6:00-7:00 pm

### YOGA

Is yoga right for you? It is if you want to fight stress, get fit, and stay healthy! Yoga energizes the body and calms the mind through a variety of poses emphasizing balance, breath, and deep stretching. This all-levels class perfectly blends standing with seated poses, giving you a full body workout. The class closes with a guided relaxation, leaving you feeling relaxed and rejuvenated.

Age: 18+ yrs	Fee: \$31/6 wks	Location: OBS
#3019.300	THUR 6/7-7/12	9:00-10:30 am
#3019.301	THUR 7/19-8/23	9:00-10:30 am

### RESTORATIVE YOGA

This class is for those seeking a more relaxing practice, where the body will be supported by bolsters, blocks, and straps, allowing the body to reap the full benefit of each and every yoga pose. This class is also good for beginners and those with limited mobility.

Age: 18+ yrs	Fee: \$31/6 wks	Location: OBS
#3010.300	TUE 6/5-7/10	7:30-8:30 pm
#3010.301	TUE 7/17-8/21	7:30-8:30 pm

### HATHA YOGA

Hatha Yoga includes the practice of asanas (yoga poses) and pranayama (yoga breathing exercises), which help bring peace to the mind and body. This class will blend Hatha with a hot yoga style class, BUT WITH NO HEAT. You will move through 26 poses and two breathing exercises. Please arrive 15 minutes prior to your first class meeting.

Age: 18+ yrs	Fee: \$31/6 wks	Location: OBS
#3029.300	SAT 6/9-7/14	8:00-9:00 am
#3029.301	SAT 7/21-8/25	8:00-9:00 am

## ASPIRE WELLNESS STUDIO CLASSES

### PILATES YOGA BLEND

★NEW★ Pilates Yoga Blend incorporates a mix of Pilates mat exercises and yoga poses designed to strengthen the core, while lengthening the muscles and challenging them to sustain basic yoga postures.

Age: 18+ yrs	Fee: \$28/4 wks	Location: AWS
#3015.300	WED/FRI 6/6-6/27	8:00-9:00 am
#3015.301	WED/FRI 7/11-8/1	8:00-9:00 am
#3015.302	WED/FRI 8/8-8/29	8:00-9:00 am

### REFORMER PILATES

The Reformer is one of the most popular pieces of equipment used in Pilates. The Reformer allows clients to feel supported in the movement while adding resistance to help develop muscular strength. It is a total body workout centered around control, functional breathing, posture and balance.

Age: 18+ yrs	Fee: \$64/4 wks	Location: AWS
#3024.300	MON 6/4-6/25	6:00-7:00 pm
#3024.301	MON 7/2-7/23	6:00-7:00 pm
#3024.302	MON 7/30-8/20	6:00-7:00 pm

### EVENING PILATES MAT

Pilates Mat class incorporates a series of movements designed to increase core strength using the body's own resistance to improve circulation, breathing, posture and body awareness. Classes incorporate small equipment, such as bands, magic circles, foam rollers and balls of various size. All levels of experience are welcome.

Age: 18+ yrs	Fee: \$28/4 wks	Location: AWS
#3033.300	MON 6/4-6/25	7:00-8:00 pm
#3033.301	MON 7/2-7/23	7:00-8:00 pm
#3033.302	MON 7/30-8/20	7:00-8:00 pm
#3033.303	WED 6/6-6/27	6:30-7:30 pm
#3033.304	WED 7/11-8/1	6:30-7:30 pm
#3033.305	WED 8/8-8/29	6:30-7:30 pm

### MEDITATIVE FLOW YOGA

A yoga class that is calming and stress relieving, this class will stretch and strengthen the body by warming up slowly and taking the time to go deeper into yoga poses. The emphasis is to connect breath to movement and improve strength, flexibility and the mind-body connection. It will leave you refreshed and ready to leave your stressful day behind and fully enjoy your evening.

Age: 18+ yrs	Fee: \$28/4 wks	Location: AWS
#3000.300	THUR 6/7-6/28	5:45-7:00 pm
#3000.301	THUR 7/5-7/26	5:45-7:00 pm
#3000.302	THUR 8/2-8/23	5:45-7:00 pm

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# INFANT, PRESCHOOL & SCHOOL-AGE PROGRAMS

Services provided for children  
6 weeks to 12 years of age

6:15 am–6:00 pm

562-383-4270

Must meet eligibility requirements.



## EARLY HEAD START

Federally funded home-based educational enrichment program for children 0 to 3 years old.

Home visits are conducted once a week for 1½ hours. Group socialization activities occur once every two weeks. **562-383-4270**

## STATE PRESCHOOL

State funded program for 3 to 5 year old children.

Part-day (3 hours) or full-day (11 hours, 15 minutes) services are available. **562-383-4270**

## FAMILY CHILD CARE HOME PROVIDERS

Subsidized Child Care in Family Child Care Homes for Infants 6 weeks old to 3 years. **562-383-4285**

## SCHOOL-AGE YEAR ROUND SUBSIDIZED CHILD CARE

Before and After school program/full-day.

Transportation to and from La Habra City School District on school buses.

Please call for more information and to receive an eligibility information questionnaire to be placed on the waiting list. Fees are based on income.

**562-383-4250**

*Children enrolled in the Center-based programs are provided with nutritious meals based on CACFP guidelines.*

## Fitness for Fun

### PILATES YOGA STRETCH & TONE

Destress from your day with a peaceful, energizing yoga and Pilates experience by candlelight. Tone and stretch the total body with mat Pilates exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles with the aid of Dynaflex bands and exercise balls. This class also includes in-depth instruction on basic yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Beginning and intermediate levels are introduced. Please bring a yoga sticky mat, blocks, strap, and inflatable exercise ball to class.

*Instructor: Angela King,  
Registered Yoga Alliance Certified Teacher (RYT)*

Age: 15+ yrs      Fee: \$40/6 wks      Location: LHCC  
#3008.300 ..... MON 6/4-7/9 ..... 5:45-6:45 pm

### YOGA BY CANDLELIGHT

Destress from your day with a peaceful, energizing yoga experience by candlelight. Tone and stretch the total body with yoga exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles. This class also includes in-depth instruction on yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Advanced beginner and intermediate levels are taught. Please bring a yoga sticky mat, blocks, and strap to class.

*Instructor: Angela King,  
Registered Yoga Alliance Certified Teacher (RYT)*

Age: 15+ yrs      Fee: \$40/6 wks      Location: LHCC  
#3001.300 ..... MON 6/4-7/9 ..... 7:00-8:00 pm

### ZUMBA®

Ditch the workout and join the party! Zumba is an easy to follow dance fitness program for people of all ages. Let loose to Latin-inspired rhythms and fun moves that get your body movin' and your heart pumpin'! Join your groove with mine, and let's burn some calories and have a blast! **Returning students receive a \$5 discount. Must register by the first class meeting in order to receive the discount. No class on Tuesday, July 3rd.**

*Instructor: Katrina Fritter, Licensed Zumba Instructor*

Age: 12+ yrs      Fee: \$27/5 wks      Location: VMH  
#3012.300 ..... TUE 6/12-7/17 ..... 7:15-8:15 pm

Age: 12+ yrs      Fee: \$32/6 mtgs.      Location: VMH  
#3012.301 ..... TUE/THURS 8/14-8/30 ..... 7:15-8:15 pm

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*To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>*

*For further information,  
please call 562-383-4200.*

## ZUMBA GOLD WITH LEONOR

Get fit and stay healthy with Zumba Gold. Learn to dance salsa, merengue, cha-cha, mambo, cumbia, line dance and much more, while getting a great workout. Participants not only work their bodies in this class, but they sharpen their minds as they learn new routines. Instructor Leonor Garza has been teaching Zumba Gold since 2008; her passion is helping her clients stay in good health through dance exercise. **No class on Wednesday, July 4th.**

*Instructor: Leonor Garza*

**Age: 12+ yrs**      **Fee: \$32/10 wks**      **Location: VMH**  
#3031.300 ..... WED 6/6-8/15 ..... 11:00 am-12:00 pm

## ZUMBA GOLD WITH JOAN

★NEW★ Zumba is a Latin-inspired aerobic dance class based on interval training. Zumba Gold modifies and tones down the intensity of the classes for more mature and beginning students to help them benefit while having a lot of fun! The instructor has been a dancer her whole life, and has been a Zumba dancer for 10 years.

*Instructor: Joan Land*

**Age: 50+ yrs**      **Fee: \$41/13 wks**      **Location: LHCC**  
#3027.300 ..... FRI 6/1-8/24 ..... 11:00 am-12:00 pm

## EASY MOVEMENT

This class includes easy moves that start with the head and neck and work all the way down to your toes! Instructor Karon Thomas has taught this class for 13+ years, as well as teaching dance for many years. She combines moves from modern dance, ballet, jazz, Tai Chi walking, yoga, Chi Gong and aerobics to give you a thorough, safe workout. Please bring two 1-lb. weights or two 1-lb. cans of food to class.

*Instructor: Karon Thomas*

**Age: 40+ yrs**      **Fee: \$52/8 wks**      **Location: LHCC**  
#3026.300 ..... TUE 6/12-7/31 ..... 5:30-6:30 pm

## TAI CHI: LIU HE BA FA

Six harmonies eight methods uses small increments to release the whole body, mind and spirit into every move. All moves are both attacks and defense. 16 movements unlock 66 movements, 66 movements explore triangles, circles and squares.

*Instructor: Nancy O'Brien,  
Certified International Judge (Tai Chi)*

**Age: 7+ yrs**      **Fee: \$45/6 wks**      **Location: LHCC**  
#3007.300 ..... MON 6/4-7/9 ..... 7:00-8:30 pm

**Age: 7+ yrs**      **Fee: \$51/7 wks**      **Location: LHCC**  
#3007.301 ..... MON 7/16-8/27 ..... 7:00-8:30 pm

## TAI CHI CHUAN

This class includes eight treasures and 24 form. Movements are low impact with high health benefits. Slow movements and slow breathing help to develop balance, flexibility and stamina, while reducing stress. **June 9th & August 4th classes will meet at Oeste Park, 2300 W. Lambert Rd.**

*Instructor: Nancy O'Brien,  
Certified International Judge (Tai Chi)*

**Age: 7+ yrs**      **Fee: \$45/6 wks**      **Location: LHCC**  
#3011.300 ..... SAT 6/9-7/14 ..... 10:30 am-12:00 pm  
#3011.301 ..... SAT 7/21-8/25 ..... 10:30 am-12:00 pm

## NEVER TOO LATE TO SKATE

The Rinks Lakewood is an affiliate of the NHL Anaheim Ducks. Enjoy a 30-minute lesson with free skate rental and a free practice session **on the day of your class**. Whether your long term goals are hockey or figure skating, we have a class for you! Dress warmly and check in early so you can be on the ice when your class starts. Visit us at [www.LakewoodIce.com](http://www.LakewoodIce.com) for more information. **Pre-registration is required. No classes on Saturday, July 7th.**

*Instructor: Lakewood Ice Staff*

**Age: 15+ yrs**      **Fee: \$46/4 wks**      **Location: LI**  
#3003.300 ..... SAT 6/2-6/23 ..... 10:15-10:45 am  
#3003.301 ..... SAT 6/30-7/28 ..... 10:15-10:45 am  
#3003.302 ..... SAT 8/4-8/25 ..... 10:15-10:45 am

**Practice times: Sat. 10:45-11:15 am**

## JACKI'S AEROBIC DANCING

Jacki's aerobic dancing is a fitness program that is totally FUN! Participants learn progressive choreographed dances that are designed to give an excellent cardiovascular and muscular workout. Participants dance to a wide variety of music at their own level of fitness. A good supportive shoe and towel or mat are required.

*Instructor: Nancy McNabb*

**Age: 15+ yrs**      **Fee: \$123/11 wks**      **Location: VMH**  
#3005.300 ..... MON/WED 7/9-9/19 ..... 5:45-6:45 pm

**Age: 15+ yrs**      **Fee: \$89/8 wks**      **Location: VMH**  
#3005.301 ..... MON/WED 7/9-8/29 ..... 5:45-6:45 pm

**Age: 15+ yrs**      **Fee: \$59/5 wks**      **Location: VMH**  
#3005.302 ..... MON/WED 7/9-8/8 ..... 5:45-6:45 pm

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La Habra City School District  
**School Readiness**  
Free Classes for Children  
Birth to 5 Years Old!  
(562) 690-2353  
ext. 40171

## Fitness for Fun

### X-TREME FITNESS KICKBOXING

Are you ready to make a change with your body? Take control over your body with Fitness Kickboxing! It's a workout where you can kick and punch your way to achieving the fitness goals you've always wanted. Fitness Kickboxing is the best total body workout to lose weight, tone and shape up, gain endurance and flexibility, relieve stress, meet new friends and have fun. This class is the #1 calorie-burning workout, consuming an amazing 800 calories per hour. Classes are ongoing for women and men with ALL levels of fitness ability. Please arrive 15 minutes before first class meeting.

*Instructor: Amanda Molina*

Age: 13+ yrs	Fee: \$50/4 wks	Location: FMA
#3006.300	MON 6/4-6/25	6:45-7:30 pm
#3006.301	THUR 6/7-6/28	6:45-7:30 pm
#3006.302	TUE 7/10-7/31	6:45-7:30 pm
#3006.303	THUR 7/12-8/2	6:45-7:30 pm

### KRAV MAGA FOR PERSONAL SELF-PROTECTION

Learn easy, effective self-protection from the most common threats and street attacks! Anyone can come and learn. It's also a fun workout that will reduce stress and get you into shape. Participants MUST bring gloves and purchase a t-shirt at the first class for \$17. Please arrive 15 minutes before first class meeting.

*Instructor: Frazier Martial Arts*

Age: 15+ yrs	Fee: \$50/4 wks	Location: FMA
#3014.300	WED 6/6-6/27	6:45-7:30 pm
#3014.301	SAT 6/9-6/30	8:00-8:45 am
#3014.302	MON 7/9-7/30	6:00-6:45 pm
#3014.303	WED 7/11-8/1	6:45-7:30 pm

## Music

### PIANO FOR YOU

★NEW★ Wish you had learned the piano? Now's your chance! Learn to play the piano at your own pace in a group setting. Individual keyboards provided during class time, however participants must have access to keyboard or piano to practice on outside of class. Already know how to play, but want more instruction? Bring your books and come join us. A \$10 cash only materials fee will provide you with your instructional book, and you'll be on your way.

*Instructor: California Foundation for the Performing Arts*

Age: 18+ yrs	Fee: \$85/8 wks	Location: PP
#5012.300	TUE 7/10-8/28	10:00-11:00 am

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# City of La Habra Facility Rentals

Perfect for Quinceañeras,  
Wedding Receptions,  
Graduations, Baptisms,  
Retirements, Business  
Meetings & More



### GRAND BALLROOM

La Habra Community Center 101 W. La Habra Boulevard

- 18,000 Square Feet of New Spacious Accommodations
- Accommodates up to 450 Banquet Style, 600 Theatre Style
- Banquet & Meeting Rooms available
- Smaller Rooms available at hourly rates
- Perfect for birthday parties & small gatherings

### ALSO AVAILABLE:

### VETERAN'S MEMORIAL HALL

209 N. Orange Street (at Erna)

- 1,860 Square Feet
- Accommodates up to 150 Banquet Style, 250 Theatre Style



Contact Alicia Kautz at 562-383-4219  
for reservations or additional information.

## BEGINNING KEYBOARD FOR ADULTS

★NEW★ Students will learn the basics of piano playing in a group setting. Keyboards are provided in class, however students must have a piano or electronic keyboard to practice with at home. A \$20 material fee is payable to the school at the first class meeting.

*Instructor: La Habra Yamaha Music School*

**Age: 18+ yrs**      **Fee: \$150/11 wks**      **Location: LHYMS**  
 #5004.300 ..... TUE 6/5-8/28 ..... 7:00-7:45 pm

## STEEL DRUM BAND

Steel drums are melodic percussion instruments from the Caribbean. Learn to play traditional and contemporary music with an island sound in a full steel drum band. The instructor is a professional percussionist who has performed around the globe on steel drums and is the founder and director of Pan y Vino steel drum band. Instruments and all other equipment will be provided by the instructor. There is a \$20 supply fee payable to the instructor at the first class meeting for drum mallets, sheet music, and folders.

*Instructor: Nolan Wren*

**Age: 16+ yrs**      **Fee: \$75/6 wks**      **Location: LHCC**  
 #5000.300 ..... WED 6/6-7/18 ..... 6:00-7:00 pm  
 #5000.301 ..... WED 7/25-8/29 ..... 6:00-7:00 pm

## VOICE FOR ADULTS

Do you like to sing? Tell your friends and neighbors about this class, which will teach them to breathe properly, sing on pitch, and have fun at the same time. Participants will sing as a group, but will focus on individual performance.

*Instructor: Patrick's Music School*

**Age: 16+ yrs**      **Fee: \$91/6 wks**      **Location: PMS**  
 #5013.300 ..... SAT 6/16-7/21 ..... 1:30-2:20 pm

## Art

### INTRODUCTION TO DRAWING TECHNIQUES

This is a beginning course to introduce and develop drawing skills through demonstrations and examples of master drawings from children's book illustrations, animation and technical drawing. Course will cover contour, line, structure, perspective, light/shadow, color and modeling form.

*Instructor: Carlos Moreno*

**Age: 15+ yrs**      **Fee: \$40/5 wks**      **Location: LHCC**  
 #7003.300 ..... MON 6/11-7/9 ..... 6:30-8:00 pm  
 #7003.301 ..... MON 7/16-8/13 ..... 6:30-8:00 pm

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

## Personal Enrichment

### DOG OBEDIENCE & BEHAVIOR CONDITIONING

Is Spot always in the dog house? If so, get him out and trained so that he can become a happier member of your pack! This seven-week class is open to all breeds of dog ages six months and older (larger breeds accepted at four months). Class activities will include basic obedience: heel, sit, stay, down-stay, come when called, stand for vet visits, wait command for door dashing, leave it command and walking on a loose leash without pulling. In addition, behavioral problems such as digging, excessive barking, nipping and jumping on people will be covered. Encouragement of nervous and sensitive dogs will also be addressed. Ms. Schmidt has worked as a dog trainer for 20 years, as well as working as an exotic animal trainer at Knott's Berry Farm. Her philosophy is "a thinking dog is a better behaved and happier member of the family". The first class meeting will be an orientation without dogs at the Community Center. Class size limited to 10 participants and their dogs. **Please bring proof of your dog's vaccination to the first class meeting.**

*Instructor: Shelley Schmidt*

**Age: 16+ yrs**      **Fee: \$99/7 wks**      **Location: SMP**  
 #5003.300 ..... SAT 6/9-7/21 ..... 10:00-11:00 am

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## La Habra's Military Recognition Banner Program

The City of La Habra invites you to participate in the La Habra Military Recognition Banner Program, which offers an opportunity to honor past and present military personnel who reside in the city.

### Who qualifies for a banner?

Anyone who lives or lived in La Habra during their military service.

### What do the banners look like?

Banners are made from a 15 oz. double-sided "blackout" material and measure 30" by 90" with 2" top and bottom pockets.

### Where will the banners be displayed?

They will be installed by the City along the North side of La Habra Blvd.

### How long will the banner be displayed?

Banners will be displayed for one year to ensure quality, and then given to the family as a keepsake after being removed.

### What is the cost of the banner?

The cost is \$175 per banner, which includes banner, installation & care.

### How can I order a banner?

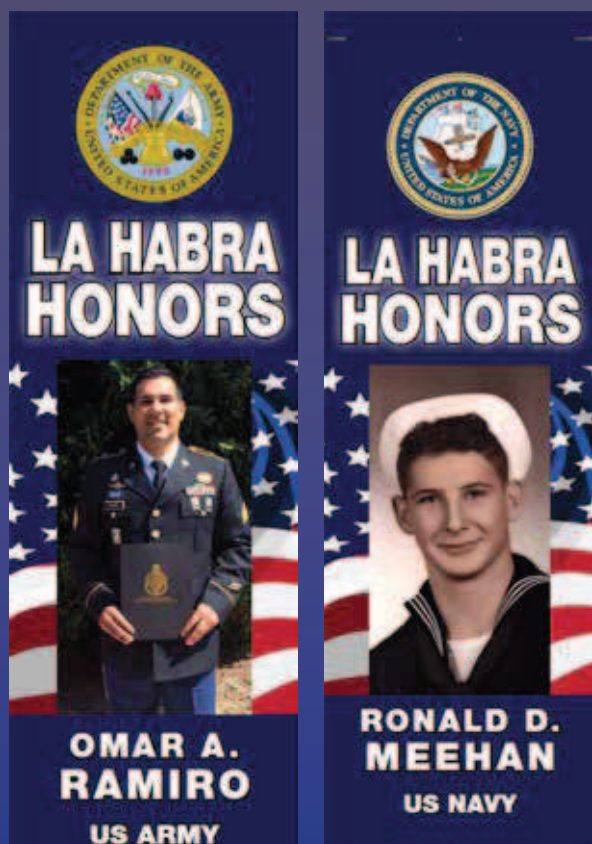
Contact Marcia Taylor at [mtaylor@lahabraca.gov](mailto:mtaylor@lahabraca.gov) or 562-383-4207.

### BANNER INSTALLATION SCHEDULE:

May Installation — Memorial Day

Banner request and payment due by May 1st

November Installation — Veterans Day



PLEASE NOTE: The City will not be responsible for replacing banners that are stolen, damaged or destroyed due to sun, weather, age, vandalism or any act of nature beyond our control, such as high winds

## Personal Enrichment

### SPANISH FOR ADULTS

★**NEW**★ This class is intended for beginning speakers of Spanish. We will focus on functional vocabulary and phrases, in order to apply every day Spanish conversations in familiar settings. Reading and writing will also be covered. At the end of this course, students should be able to carry simple conversations, and read and write multiple sentences in Spanish. There is a \$10 material fee payable to the instructor at the first class meeting.

**No class on Thursday, July 5th.**

Instructor: Alicia Tarazon

Age: 18+ yrs      Fee: \$70/8 wks      Location: LHCC  
#5006.300 ..... THUR 6/7-8/2 ..... 6:00-6:45 pm

### MICROSOFT OFFICE APPLICATIONS

Whether you want to use your computer to edit a document, create a slide show presentation, have fun with animations, or produce tables and spreadsheets with calculations, this class will let you explore the basic skills to enrich your computer knowledge in Microsoft Word, Excel and PowerPoint. Experienced learners can sharpen their skills to master advanced features. Hands-on activities are included to accelerate the learning process. A \$10 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, July 5th.**

Instructor: AGI Academy

Age: 16+ yrs      Fee: \$120/9 wks      Location: LHCC  
#5002.300 ..... THUR 6/7-8/9 ..... 7:45-8:30 pm

### INTRODUCTION TO COMPUTERS & THE INTERNET FOR AGES 55+

It's never too late to learn computers! Explore the basic skills to enrich your knowledge, understand the terminologies and access the online world through the internet. You will be surprised at how much you will enjoy this adventure! Experienced learners can sharpen their skills to master advanced levels. Our hands-on practice exercises can accelerate the learning process, making it easy and fun. A \$10 supply fee is payable to the instructor at the first class meeting.

Instructor: AGI Academy

Age: 55+ yrs      Fee: \$120/9 wks      Location: PP  
#5007.300 ..... THUR 6/7-8/9 ..... 1:30-2:15 pm

PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

For further information, please call  
562-383-4200.